

Feeding newborns - 4 month olds

What your baby may be doing now:

- ♥ Smiling and laughing (2 months)
- ♥ Sitting with support (4 months)

Watch for growth spurts. This is a time when your baby may drink more breastmilk or iron-fortified formula than usual. These happen around:

- 2 - 4 weeks
- 6 weeks
- 3 months
- 6 months

Your baby needs to eat at least every 3-4 hours to ensure proper growth. Babies will sleep through the night when they are ready. Giving cereal in the bottle does not help your baby sleep longer. Cereal in the bottle can cause:

- ♥ Allergies
- ♥ Choking
- ♥ Poor development of teeth
- ♥ Too much weight gain
- ♥ Poor appetite for breastmilk or formula
- ♥ Constipation or diarrhea

Your nutrition counselor will talk to you about starting solids and juices at your next WIC visit.

Please bring your baby's immunization record to every WIC visit.



Congratulations on the birth of your baby!

Birth to 4 months

- ♥ Feed your baby breastmilk or iron-fortified formula for the first year. Regular milk — cow's milk — is not for infants.
- ♥ Your breastfed baby should have 8 or more feedings per day.
- ♥ Newborns take just a few ounces at a time, about 16-24 ounces each day.
- ♥ You will get to know your baby's signs of hunger. These may include fussiness or sucking their fist. Offer breastmilk or iron-fortified formula at these times.
- ♥ Breastmilk is all your baby needs for the first 6 months.
- ♥ Iron-fortified formula is all your baby needs for the first 4 months.
- ♥ Babies under 4 months of age are not ready to swallow or digest solid foods.
- ♥ Exclusively breastfed babies should have 3 or more dirty diapers a day during the first six weeks of life.
- ♥ Ask your baby's doctor about vitamin and fluoride supplements.

Be careful! Never give honey to a baby less than 1 year old. It contains a bacteria that can make your baby very sick.